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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Monday, January 29, 1945

ANNOUNCING A CHANGE

Beginning next week, Homemakers' Chats will come to you in a new dress - a stream-lined model of two pages of shorter stories with an occasional longer story. The Chats will be mailed daily instead of once a week as they'll be for release upon receipt. They'll continue to appear on the traditional pink sheets. Your comments and suggestions will be appreciated.

SUBJECT: "Have A Heart". . . Information from food specialists of the
United States Department of Agriculture

Want to stretch your meat ration points? Of course you do. Then have a heart. I'm speaking quite literally. Put baked heart with stuffing down for one of the family meals this week. Or plan to serve diced heart with onion gravy. Or heart loaf. Beef hearts are not rationed, you know. Neither are lamb hearts, nor veal hearts, nor pork hearts.

Maybe you've never cooked a heart. You're not in the habit of serving heart. You don't think your family will eat heart.

Well, have you given them a chance, lately, to see if they like it?

Food specialists of the United States Department of Agriculture say that heart's a bargain these days. Not only because it's point free, though that means a lot. But also because you get so much food value for your money.

Do you know that meat organs are usually richer in iron than the muscular tissues are? Heart, kidney, brains and liver are among nature's richest storehouses of iron. And this is a time of year when extra iron will be all to the good.

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So that's one of the reasons why heart's a bargain. You're giving your family a dish that's rich in proteins vitamins and minerals when you serve heart. More than that, you can give them a dish they'll enjoy eating.

If you haven't served heart in the past, you'll need some buying tips. Here's what the food specialists say. Look for the heart that's plump and thick and firm. Avoid the flabby heart. Get a heart that has a good color. One that's been thoroughly cleaned and is free from blood clots. Your butcher will trim off the fatty, gristly top part for you.

As you'd expect, calf, lamb and pork hearts are more tender than those of beef. And they take less time to cook because they're smaller as well. But a beef heart is a good buy if you're cooking for a large family.

How to cook a heart? Well, an old time favorite is braised heart with stuffing. Another good dish is heart stew with onion gravy. Heart is like liver. It goes well with onions. Another popular way of fixing heart is to grind it and make it into a meat loaf.

It takes about four hours to bake a braised beef heart with stuffing in your oven. If you don't want to heat your oven for that long a time, you can cook the heart on top of the stove. Cover it with salted water and simmer until the heart is tender. This takes between two and a half and three and a half hours.

Something you always need to keep in mind when you're cooking heart is that you get the best results with moderate heat. For braised heart with stuffing, keep your oven at 300 degrees Fahrenheit. When you cook heart on top of the stove, keep the flame turned low. Let the water simmer gently. Never let it boil or you'll have a tough heart.

To get the heart ready for stuffing, wash it good, slit it, and take out the gristle and blood vessels.

Use your own favorite stuffing recipe. The food specialists suggest a stuffing that has chopped onion, chopped celery, cooking fat and soft bread crumbs in

it. When you've put the stuffing in, sew up the slit and the heart's ready for browning.

Brown the heart on all sides in fat before you put it in the baking pan: When you cook the braised heart in the oven, you'll need to add some water....a half a cup of water. Bake the heart in a covered pan.

Other good dishes you can make from cooked heart are meat loaf and shepherd pie. For the shepherd's pie, you put chopped pieces of cooked heart with gravy between layers of mashed potatoes. Put it in a hot oven until the pie is heated throughout. It's ready to serve, piping hot, when the pie is brown on top. You'll find that loaf made from ground cooked heart is good served cold. This means it's nice for sandwiches and will lend variety to the lunch box.

As I said before, you can make good dishes from the smaller hearts too.... from the lamb, veal and calf hearts. Fix them with bacon. For this, you split the heart and brown it. Then let it simmer in a heavy skillet with strips of bacon until it's cooked tender. Put the pieces of heart and bacon under the broiler for last minute browning.

Another way you may wish to use small hearts is in a stew with vegetables. Cook these as you would make any fricassee. Slice the heart and brown it in fat. Then add it to vegetables and simmer in just enough water to cover the stew.

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